

# **KNIGHTDALE PARKS & RECREATION**



## **YOUTH BASKETBALL HANDBOOK**

**11-12  
2014-2015**

## KNIGHTDALE PARKS & RECREATION STAFF

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### PURPOSE STATEMENT:

Sportsmanship, participation, skill development, and fun for the participants are the objectives of the youth basketball program and no other concepts should transcend the welfare of the boys and girls who participate in the program.

The Town of Knightdale is proud of the youth programs being provided by Knightdale Parks and Recreation Department. The Town is appreciative of the outstanding contributions of the many adults who serve as coaches, assistant coaches, leaders and instructors in these programs.

The youth basketball program is one of the largest programs offered by Knightdale Parks and Recreation Department with hundreds of boys and girls participating each year. Youth ages 5-16 are eligible to participate in organized leagues. Games and practices are held at local school gyms. Volunteer coaches and assistant coaches help ensure the continued success of these programs.

Knightdale Parks and Recreation Department has prepared this Handbook to assist our coaches and their assistants. The guidelines and rules set forth herein are intended to provide a system of organization, methods of operation, and rules and regulations necessary for a successful youth basketball program in the Town of Knightdale.

### LEAGUES

<u>LEAGUE</u>	<u>REGISTRATION**</u>	<u>SEASON</u>
11 & 12 boys	Nov	Dec-Feb

**\*\* The Knightdale Parks and Recreation Department establishes registration dates each year. All Knightdale residents and all non-Knightdale residents may register on a space available, first come, first serve, basis. **Everyone must register each year!****

Fees are established annually with non-Knightdale residents paying an additional non-resident fee.

All leagues use the rules established by the National Federation of State High School Associations in conjunction with local league rules. Each league also has

mandatory playing rules. Part-time athletic staff is used in all of the gymnasiums during practices and games. During games the part-time staff will keep an official scorebook and chart mandatory playing time.

## **DUTIES AND RESPONSIBILITIES OF COACHES**

The Knightdale Parks and Recreation Department appreciate the assistance and importance of coaches to the basketball program. The basketball program offered for the youth of Knightdale is one of the best and most complete programs in the area and a large part of its success can be attributed to the hard work and dedication of those who have served as coaches. In order to help coaches better understand their role and to maintain the high standards afforded in our programs, the Parks & Recreation Department have established the following duties and responsibilities for coaches.

1. Knightdale Parks and Recreation Department will select all coaches. Selection will be based on a review of submitted applications.
2. **Each coach must work with the staff and abide by all rules and policies established by the department to ensure the goals of the program are met.**
3. Each team may have a maximum of three coaches (one coach can act as the scorekeeper). If a head coach is absent, an assistant coach may act as the head coach. **No more than three adults will be allowed on the bench at one time.** A coach that has stepped down may not be on the bench during a game.
4. Each coach must keep his/her team roster up to date at all times and must notify Knightdale Parks and Recreation Department of the loss of any player from his/her team roster. A waiting list is kept throughout the season.
5. Each head coach is responsible for the uniforms issued to him/her for his/her team.
6. The headcoach, or his/her assistant, must turn in a roster, with starters noted, no less than 6 minutes prior to the start of the game.
7. Each coach will inform the members of his/her team as to the time and place of each game.
8. Each coach shall encourage the exhibition of good sportsmanship at all times by his/her players.
9. Each coach shall make sure only team players and coaches are allowed on the bench area with the team. No spectators may sit on or behind the bench area.

10. Each coach shall instruct his/her players in all safety rules for their own protection and that of their opponents.
11. THERE SHALL BE NO SMOKING AND NO FOOD OR DRINK IN THE GYMS AT ANY TIME (Water for team members will be allowed).
12. Head coaches are required to hold a preseason parents meeting to discuss rules, conduct, responsibilities, practice schedule, etc.
13. Coaches should always keep in mind they are setting examples in sportsmanship and fair play (during games and practice). Therefore, coaches are to conduct themselves accordingly at all times.
14. The Parks and Recreation Department reserve the right to dismiss any Coach that violates the league rules.
15. Any coach or assistant coach who has been dismissed by the Knightdale Parks and Recreation Department may not return as a coach or assistant coach. Seasonal Suspension may be appealed to The Parks and Recreation Advisory Board. Appeals must be submitted in writing to the Program Director within 72 hours of receipt of notification of suspension.

## **GENERAL INFORMATION**

### **ELIGIBILITY**

Leagues will be formed by ages with a birth date falling on or before January 1st of each current season. Example: A boy or girl is 10 years of age during September registration but will be 11 years old on or before January 1st, will have a league age of 11. Except five-year-olds, their age is determined as of 10/1 of the current year.

A player must play on the team that they are assigned by the Parks and Recreation Department and may only change teams at the discretion of the Athletic Program Supervisor.

School athletes are eligible to participate unless restrictions from the school are in effect.

### **PLAYER REGISTRATION PROCEDURE:**

In all leagues, participants must be properly registered during the registration period. Boys and girls in the 11-12, year old league attend a skills review session prior to being drafted onto a team. In all leagues youth on the waiting lists are placed onto teams when spaces become available.

## DRAFT

The Parks and Recreation Department will follow the procedures of a pro-line draft. The teams will be drafted each year. If team A losses a returning player to team B as a protected assistant, Team A will receive Team B's 1<sup>st</sup> round draft pick, while in return Team B will receive Team A's 3<sup>rd</sup> round draft pick. An information sheet will be provided to each coach at the skills evaluation.

## GOALS

The 11/12 age group will play the regulation height of ten (10) foot goals.

## BALL SIZE

(11/12) Boys 28.5

## DEFENSE

- **The ten second and “back court” rules are in effect for 11/12 boys and girls**

## 11-12 League

- All teams are allowed to play different defensive sets.
- Backcourt pressing is allowed in the league unless one team is ahead by 20 or more points. The following rule applies to the team with the 20-point lead. Once a defensive team player has control of the ball after a change of possession, the opposing team (team ahead by 20 or more points) must retreat to the other half of the court without applying any pressure until the ball and player have entered the frontcourt. A team that is ahead by 25 or more points must retreat to the top of the key.
- If a team is 20 or more points ahead, all starters must be substituted for, providing the team has a sufficient amount of reserves, If a team does not have a sufficient amount of reserves to replace the starting (5), the coach will play his least experienced and younger players at this time.
- **Penalty:** First violation by each team will result in a warning; the offended team will retain possession. Additional violations after first being warned, the offending team will be charged with a technical foul to the coach. **Offended team will be awarded one free throws and the ball out of bounds.**

**Any Team participating in the East Wake League will play by East Wake League Rules. Those teams will receive a copy of their rules before the season begins.**

## Team Rules and Regulations

### **DUNKING**

Dunking or stuffing the ball before, during or after a game or practice is not permitted

**Penalty:** It will be a technical foul if done in a game. The basket would not count; the player would be ejected from the current game and suspended for the next game. A second dunk during the season would result in the player being suspended for the remainder of the season.

### **LENGTH OF QUARTERS**

Length of games will be as follows:

11-12 four (6) minute quarters regulation clock

All half times will be three minutes

In the event of overtime, (2) minutes (regulation clock) will be allowed for 1 overtime period.

### **LANE VIOLATION**

11-12 three (3) second violation

### **FREE THROW LINE**

The 11/12 regulation free throw line (15-ft).

### **FOULS**

Players will be disqualified on there:

(11/12) five (5) personal fouls

One and one seventh (7) team fouls of each half  
Double Bonus 2 shots after the tenth (10) team foul

### **THREE POINT SHOT**

The 3 point shot will be used in the this age group

### **TIME OUTS**

Each team will have four (4) time-outs per game to be used two (2) per half.

**Time-Outs do not carry over to overtime.**

During overtime games, one time-out per team will be awarded for each overtime period.

### **FORFEITS**

Any team that uses an ineligible player will forfeit that game. Any team that does not have at least four (4) dressed players will forfeit their game.

### **LENGTH OF GAMES**

All games will be scheduled for one (1) hour. Time may be extended for overtime games.

### **SUBSTITUTIONS**

All players must report to the scorer's table before entering the game. Failure to report will result in a technical foul and two foul shots.

### **WARM-UPS**

Warm-ups are to take place ten (10) minute prior to game time at the opposite basket from the team bench. At half-time warm up in front of your own bench. Stretching and other exercises should be included during pregame warm-ups. No team will be allowed to run laps around the court as a warm-up.

### **TEAM SUPERVISION**

An adult coach shall supervise each team. **A team may not practice or play a game unless the coach or his/her assistant is present with the team.** If only one Coach is attending the practice or game he/she must be at least 18 years of age or older. Coaches should not leave the gym until all their players have secured transportation home.

### **FOOD AND DRINK**

No food, drink or glass is allowed in the gym. The coach may provide the players with water. Coaches are responsible for cleaning up their bench area after each game.

### **UNIFORMS**

Each participant receives a numbered jersey to be worn during games. Participants are responsible for providing their own shorts and shoes. Players keep their jerseys at the end of the season.

### **TIES IN FINAL STANDINGS**

In the event of a tie in the final standings of two or more teams, the tie shall be broken by the head to head record. If a tie still remains, seeding will be determined by head to head if there is still a tie a coin toss will be used.

### **Rule Violation**

- A If you as a coach see a rule violation please bring it to the attention of the staff at the site so they can pass the information along to the athletic supervisor
- B. No head coach or assistant coach may protest a call made by an official.

### **PERSONAL BASKETBALLS**

**No personal basketballs will be allowed in the gym** during practice or game sessions. The Parks and Recreation Department will provide all practice and game balls.

## **SAFETY**

Always remember that the safety of the participants must be the primary concern of everyone involved in the youth sports program. Coaches must assume responsibility for each player's safety by assuring that they are taught the safe and correct techniques of the sport during practice, as well as, games.

## **Mandatory Playing Rules**

### **11-12 League**

- Mandetory playing time is ½ the game. The game clock will be set for six minutes each quarter, Coaches must subs the players on the bench in the game at the three minute mark. Each player must sit out each half and play each half.
- Players arriving late (after game begins) must play half of the game from the point they arrived.
- Violation of the recommended playing rules will be investigated by the Athletic Staff, with penalties issued accordingly.
- The mandatory -playing rule may only be waived for disciplinary reasons or injury. (Players being disciplined should be reported to the Athletic Program Supervisor.)
- **Exception:**
  - 1. If a team has 6 players each player must sit out 1 segment.
  - A SEGMENT IS DEFINED AS ½ A QUARTER.
  - 2. Coaches may protect players in foul trouble, but not to the extent that their playing time is limited. Foul trouble is defined as 4 fouls in the first, second or third quarter.
  - 3. If a player is being disciplined for not coming to practice, they are not required to play.
  - 4. Medical injury
  - 5. If a team is short of players then substitution will rotate depending on the number of players available. **Every player must still play a minimum of ½ of the game.**
  - 6. Disciplinary reasons (Must notify the Site Supervisor and child's parents.)
  - 7. Teams which have 9 players present at a game may leave one player in the game at the substitution point. That player may be substituted for in the second half of the quarter with the player who did not play in the first half of the quarter.

Knightdale Parks and Recreation Department hopes everyone has a great season and, above all, a good time! Play to win, but Play Fair.

REVISED Nov 2014